

Sweet Potato Bread Squares - USDA Recipe B230

Meal Components: Grains

B18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	7 1/2 oz	1 2/3 cups	15 oz	3 1/3 cups	1. Place flour, baking powder, baking soda, salt, cinnamon, and nutmeg in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.
Enriched bread flour	7 1/4 oz	1 1/2 cups 2 Tbsp	14 1/2 oz	3 1/4 cups	
baking powder		1 1/2 tsp		1 Tbsp	
Baking soda		3/4 tsp		1 1/2 tsp	
Salt		1/3 tsp		2/3 tsp	
Ground cinnamon		1 1/2 tsp		1 Tbsp	
Nutmeg		1/2 tsp		1 tsp	
Brown sugar	7 1/4 oz	3/4 cup 2 Tbsp 1 1/2 tsp	14 1/2 oz	1 3/4 cups 1 Tbsp	2. Combine brown sugar, sugar, applesauce, and oil in a large bowl.

Canned applesauce, unsweetened	8 oz	3/4 cup 2 Tbsp 2/3 tsp	1 lb	1 3/4 cups 1 1/3 tsp (approx. 1/8 No. 10 can)	
Canola oil		1/2 cup		1 cup	
Frozen whole eggs, thawed	1 1/2 oz	2 Tbsp 2 tsp	3 oz	1/3 cup	3. Add eggs and vanilla extract. Stir well.
Egg whites	3 oz	1/3 cup 2 tsp	6 oz	2/3 cup 1 Tbsp 1 tsp	
Vanilla extract		1 1/2 tsp		1 Tbsp	4. Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.
*Fresh sweet potatoes, shredded	10 oz	2 1/4 cups	1 lb 4 oz	1 qt 1/2 cup	5. Fold in sweet potatoes and raisins. Stir well.
Golden Raisins	2 1/2 oz	1/3 cup	5 oz	2/3 cup	
(Optional) Chopped walnuts	3 1/4 oz	3/4 cup 1 Tbsp	6 1/2 oz	1 1/2 cups 2 Tbsp	6. (Optional) Fold in walnuts. 7. Pour 1 qt 2 cups (about 3 lb 7 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray. 8. Bake until golden brown: 9. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4") square.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1 serving grains/breads.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Sweet potatoes	13 oz	1 lb 10 oz

Serving	Yield	Volume
See Notes	25 Servings: about 3 lb 3 oz	25 Servings: about 1 quart 2 1/3 cups / 1 steam table pan (12" x 10" x 2 1/2")
	50 Servings: about 6 lb 6 oz	50 Servings: about 3 quarts 3/4 cup / 2 steam table pans (12" x 10" x 2 1/2")

Nutrients Per Serving					
Calories	175	Saturated Fat		Iron	1 mg
Protein	3 g	Cholesterol	6 mg	Calcium	13 mg
Carbohydrate	32 g	Vitamin A	1679 IU	Sodium	113 mg
Total Fat	5 g	Vitamin C	2 mg	Dietary Fiber	2 g